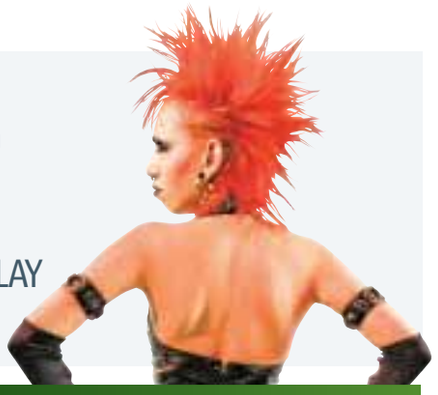
MY, WHAT ORANGE SPIKES YOU HAVE

FROM PIXIE CUTS TO COLOURS THAT POP, HAIR CAN PLAY A ROLE IN SHAPING WHO WE ARE, EXPERTS SAY PAGE 9



REGINA metro®

Tuesday, September 11, 2012

News worth sharing.

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Mr. Popular: Wall is tops, again, as Canada's favourite premier

Brad Wall attends the grand opening of Cabela's in Saskatoon in May. While busy making legislative decisions and representing the province at the federal level, Wall is also known to be very social — attending as many public events as possible and connecting with people through social media. JANE CAULFIELD/METRO IN SASKATOON

Clark, Dexter the lowest-ranked. Angus Reid survey shows 66 per cent of respondents in Saskatchewan are satisfied with Brad Wall's performance

JANE CAULFIELD
Metro in Saskatoon

As Premier Brad Wall meets with potential trade partners in Asia this week, Angus Reid released public-opinion survey results showing that Wall is once again Canada's most popular premier.

The poll shows that 66 per cent of respondents in Saskatchewan are satisfied with Wall's performance, which is up from 59 per cent last year.

Deputy Premier Ken Krawetz said support for Brad Wall is an accurate reflection of what the Saskatchewan people think of their premier.

"It shows his exceptional leadership skills in the province," said Krawetz. "Now that it's been a term of government … more and more people are recognizing him as a leader."

The survey conducted an online survey of 6,657 randomly selected Canadian adults, with questions focusing on government performance in specific areas, such as health care and public services.

Wall has been in the top position since 2010, after then Premier of Newfoundland and Labrador Danny Williams retired. Since the poll started, Williams has been the only other premier to receive support from more than half of respondents in their province.

The lowest-ranked premiers this quarter are Christy Clark in British Columbia with 28 per cent and Darrell Dexter in Nova Scotia with 26 per cent.

Follow Jane Caulfield on Twitter @janecaulfield

Reaction to poll

The word on the street

Saskatoon resident Marty Brown said she thinks the survey is accurate.

"He's good-looking, he's got no scandals so far, and he's energetic … He's been there for the growth, and so far it's not out of control."

Jon Churko said that the survey results aren't that surprising.

"Saskatchewan is booming more than it ever has in history, and it's mostly due to his policies on corporate taxes and resource management," said Churko.

Terry Skrypnyk said that any politician looks good in a booming economy.

"Most people would like to associate a government with making economies better but it is usually the other way around," said Skrypnyk.

JANE CAULFIELD/METRO IN SASKATOON

Deputy Premier Ken Krawetz
THE CANADIAN PRESS

Six arrested in assaults

Police lay charges against two youths and four adults in separate incidents of robbery and assault around Victoria Park on Sunday PAGE 2

'Citizenship is not for sale'

Ottawa is looking to revoke the status of thousands of people it says abused the system in order to get citizenship or permanent residency PAGE 3

Not-so-nuclear TV family

Glee's Ryan Murphy chats with Metro about the controversy surrounding The New Normal, his new show featuring a non-traditional family PAGE 7

NEWS 1

Six arrested and charged with robbery and assault

Victoria Park. Alleged attackers connected to two separate incidents on Sunday

CARRIE-MAY SIGGINS
carriemay.siggins@metronews.ca

Six people have been charged after allegedly roughing up two people for alcohol and cigarettes in separate incidents around Victoria Park.

On Sunday, a 49-year-old man was approached by a group of people after buying a bottle of alcohol at an off-sale on the 1700 block of McIntyre Street.

A 17-year-old youth demanded that the man hand over the bottle along with a few other things.

When the man refused, the youth allegedly punched him in the face, and then grabbed the bottle.

The group fled as the man called the police.

Moments later, another report was called in to the police from Victoria Park.

A man and woman, both in their thirties, had been walking through the park when they were approached by a group.

One of the members demanded cigarettes from the 33 year-old man.

When he replied that he didn't have any, one of the male members of the group allegedly pushed him over and punched him repeatedly in the face.

When the man reported the incident to police, the description of his attacker matched that of one of the suspects in the robbery minutes earlier in the 1700 block of McIntyre.

The two youths, who can't be named under federal law, have been charged with robbery.

One is also charged with assault and failure to comply.

Four other adults have also been charged with robbery, and their ages range from 21 to 33 years old.

One of the four adults has also been charged with possession of stolen property.

Regina police have arrested six people in connection with two separate incidents of robbery and assault in Victoria Park over the weekend. ROB BROWN/METRO

Queen City hosts national infrastructure summit

John Schubert, national chair of the Canadian Construction Association Board of Directors, speaks at the 2012 National Infrastructure Summit in Regina. He says cities and municipalities should look at sharing the costs of major infrastructure projects as a way to reduce costs. ROB BROWN/METRO

Cities sharing costs of major infrastructure projects is a controversial topic being discussed at the 2012 National Infrastructure Summit hosted in Regina this week.

John Schubert, conference speaker and National Chair of the Canadian Construction Association Board of Directors, said the concept of municipalities and cities sharing infrastructure needs is being examined by cities across Canada.

"It is a bit controversial, but every city doesn't need to own their own water treatment plant. Many cities do share services already such as fire and police," said Schubert. "It takes the costs of more expensive projects and spreads it amongst a larger tax base."

The three-day event, which started Monday and wraps up Wednesday, is an opportunity for government, public and the business sectors to come together to identify infrastructure challenges throughout Canada and locally on a city-by-city case.

In Wednesday's edition, Metro will take a look at local infrastructure needs.

ROB BROWN/METRO

Twitter

Tweets from the 2012 National Infrastructure Summit:

- **Genevieve Cheung @GenevieveCheung.** #2012NIS officially started! Excited to check out some key themes #theNeed #Finance #Politics #Innovate #Engage
- **Berry Vrbanovic @berryonline.** At #2012NIS #Politics session, @MayorDoug says municipalities can't & shouldn't build & repair infrastructure based on property taxes alone
- **AaronGenest @AaronGenest.** Kind of disappointed at the low frequency of tweets from #2012NIS. Increasing awareness of these events increases voter engagement!

Mobile news

Brave (or perhaps silly) tourists fearlessly tease tigers up close at Thailand sanctuary. Scan the code to watch the video

Election

Province promises cash for community rinks

The Saskatchewan government has come through with one of its election promises to rural areas.

Sports Minister Kevin Doherty says $1.9 million has been earmarked for grants to support community rinks.

Towns and villages can qualify for $2,500 for each ice surface.

The money is meant to help fund operating costs or minor capital upgrades.

Applications must be made online before Nov. 30.

Doherty says the rinks have to be indoor and can't be privately owned or on reserve land.

"The rinks during the winter time ... are the hub of activity in every small community in our province," Doherty said Monday as he announced grant details in Balgonie, east of Regina.

"Whether it's the skating rink or the curling rink, people tend to gather there during all times of the week to partake in figure skating or curling or hockey or what have you."

THE CANADIAN PRESS

Agriculture

Sask. farm income strong: Report

Increases in farm incomes will be a key factor driving growth in Saskatchewan's economy to a rate well above the national average this year, according to a new report issued by The Royal Bank of Canada Economics.

The report points to Saskatchewan's avoidance of a worldwide decline in agricultural production as key to maintaining its strong economy. It cites increases of nine per cent in volume estimates of the province's crops as a sign of good news.

According to Statistics Canada, the number of farms in Sask. decreased by 16 per cent between 2006 and 2011, but the average farm size increased by 15 per cent. METRO

Feds plan to revoke resident status of application cheats

Immigration fraud. Minister looking to introduce amendments to the Citizenship Act as part of multi-year crackdown

The federal government reprised a familiar get-tough message for immigration cheats Monday, promising to revoke the status of more than 3,100 people it says abused the system in order to claim Canadian citizenship.

Several thousand more are being investigated to determine if they obtained or are maintaining their permanent residence fraudulently, said Immigration Minister Jason Kenney, who was forced to admit only a handful of people have been dealt with so far.

There are 3,139 Canadian citizens currently under investigation for residence fraud, but so far only 19 of them have had their citizenship revoked. That's because the process — part of a long-term crackdown — takes several years, Kenney said.

Letters have been sent to 530 people informing them of the government's intention to revoke their citizenship, he added.

"Canadian citizenship is not for sale," the minister told a news conference.

"We will continue to take strong measures to combat the industry of crooked immigration agents here and abroad who seek to devalue Canadian citizenship by creating fake proof of residency and committing other forms of fraud."

Toronto lawyer Lorne Waldman dismissed Kenney's announcement as old information being warmed over for political purposes.

"It's important that we take measures to eliminate fraud; no one disputes that," Waldman said. "But why is it that we have to continually send out this message?"

Kenney says he is planning to introduce amendments to the Citizenship Act that would require immigration consultants to be members of a regulatory body, which he says may help crack down on crooked agents.

Citizenship and Immigration Canada says a total of nearly 11,000 people have been potentially implicated in lying to apply for citizenship or maintain permanent-residence status. THE CANADIAN PRESS

Minister of Immigration and Citizenship Jason Kenney speaks at the National Press Theatre in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

UN demands Iran's co-operation in investigation

Iranian-Canadians rally outside the Department of Foreign Affairs in Ottawa on Monday to support the Canadian government's decision to expel Iranian diplomats from Canada. SEAN KILPATRICK/THE CANADIAN PRESS

The head of the UN nuclear agency made an unusually strong demand Monday for Iran to co-operate with an investigation into suspected secret work on nuclear weapons, expressing his frustration with the lack of headway in the probe.

Yukiya Amano also warned that months of delays were hurting attempts by his International Atomic Energy Agency to look into concerns at one particular site — the Parchin military complex southeast of Tehran, where the IAEA thinks Iran may have experimented with blast tests used to set off a nuclear charge.

"We need to stop going around in circles," Amano said of months of fruitless IAEA-Iran talks aimed at gaining access to the Parchin site and making inroads into agency probes of other alleged nuclear arms experiments. "This is frustrating."

Asked why there was no progress on the Parchin probe, Amano told reporters: "You'd better ask Iran."

Iran denies any interest in nuclear arms. It dismisses Western accusations that it is enriching uranium to be able to make the fissile core of nuclear arms, saying the process is meant only to produce reactor fuel. And it rejects allegations that it experimented with components of a nuclear weapons program and denied IAEA experts access to sites, documents and officials linked to the work.

Tensions are growing as time drags on, with Israeli officials using the lack of progress in both IAEA and international diplomatic efforts to engage Iran in their argument that there is a need to bomb Iran's nuclear installations. THE ASSOCIATED PRESS

Cutting ties

Canada shut its embassy in Tehran on Friday, severing diplomatic relations.

- An Iranian news agency says Iran expects more countries to follow Canada's example and close their embassies in Tehran.
- Iran called the decision "hasty and unwise" and said it would react in the near future.

Basement dungeon

Potential victim reacts in court

The intended prisoner of a confinement room built in an abandoned Pickering, Ont., farmhouse said she is now living in fear and haunted by images of the makeshift dungeon designed with her in mind.

"I am still in shock," a weeping Gwen Armstrong said in an Oshawa courtroom Monday.

Armstrong was among three women who read victim impact statements on Monday morning at the sentencing hearing for Robert Edwin White, the 44-year-old man who built a confinement room in the basement of the Toronto-area farmhouse. TORSTAR NEWS SERVICE

Long-gun registry

PM's words cited in court rebuke

A court delivered a stinging rebuke to the federal government over its plan to scrap the long-gun registry even if a province wants to keep it, with Monday's verdict even singling out Prime Minister Stephen Harper.

The Quebec court accused the federal government of violating principles of Canadian federalism and its 42-page verdict cited the prime minister's words as evidence of that improper behaviour.

The verdict gives the federal government 30 days to hand over the registry data for Quebec, which is the only province where the case applies. THE CANADIAN PRESS

Online company

Don't buy HIV home testing kits: Health Canada

Health Canada is warning consumers about an Internet-based company that is trying to sell home testing kits for HIV and a number of other sexually transmitted infections.

The department says that there are no HIV test kits licensed for home use in this country.

It says CuraHerbDistributor is trying to sell kits that reportedly test for HIV and other STDs such as syphilis, gonorrhea, chlamydia, hepatitis B and C, and herpes simplex.

The kits are under the brand name Home Aware. THE CANADIAN PRESS

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Host
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Margo Trushina photographs a fellow supporter at the Pussy Riot benefit in Russia, Monday. AP PHOTO/MICHAEL SOHN

Officials fail to stop Pussy Riot benefit concert

Russian activists. About 1,000 fans gather to support jailed trio; four detained for alleged jaywalking offences

A music festival to support jailed members of the Russian band Pussy Riot went forward despite official pressure to cancel it, organizers said Monday.

Olga Kurnosova said city officials had tried to force her to stop Sunday's show in St. Petersburg — President Vladimir Putin's hometown — and firefighters had threatened to close down the Glavklub hall, claiming safety violations ahead of the concert.

About 1,000 people attended the "Free Pussy Riot Fest" headlined by the Russian rock protest bands DDT and Televizor, whose songs have long riled Soviet authorities and Putin's Kremlin.

Last month, three members of Pussy Riot were sentenced to two years in jail for a "punk prayer" against Putin in Russia's largest cathedral in a trial that provoked an international outcry.

Several younger rock bands and rappers voiced their support for Pussy Riot from the stage Sunday, and some spectators were wearing balaclavas — the feminist band's trademark headwear.

Dozens of riot policemen surrounded the festival venue and detained four people afterward for alleged jaywalking, Russian media reported.

Proceeds from the show will be donated to Pussy Riot and other activists in jail under Putin, organizers said. THE ASSOCIATED PRESS

New Jersey

Trenton mayor in deep trouble

U.S. federal agents have arrested the mayor of Trenton N.J.. Mayor Tony Mack, his brother Ralphiel and sex offender Joseph Giorgianni are all accused of extortion. THE ASSOCIATED PRESS

Fear of commitment?

Church accused of discrimination

A gay couple has sued the Roman Catholic Diocese of Worcester, Mass., for allegedly refusing to sell them a mansion because of fear they would host gay weddings at the site. THE ASSOCIATED PRESS

Katyn massacre. Files indicate Roosevelt aided Soviets in huge cover-up

Two American POWs sent secret coded messages to Washington with news of a Soviet atrocity. In 1943 they saw rows of corpses in an advanced state of decay in the Katyn forest, on the western edge of Russia, proof that the killers could not have been the Nazis who had only recently occupied the area.

The testimony about the massacre of Polish officers might have lessened the tragic fate that befell Poland under the Soviets, some scholars believe. Instead, it vanished into the heart of American government. The long-held suspicion is that President Franklin Delano Roosevelt didn't want to anger Josef Stalin, an ally whom the Americans were counting on to defeat Germany and Japan during World War II.

Documents released Monday lend weight to the belief that suppression within the highest levels of the U.S. government helped cover up Soviet guilt in the killing of some 22,000 Polish officers in 1940.

The most dramatic revelation so far is the evidence of the secret codes sent by the two American POWs — which adds to evidence that the Roosevelt administration knew of the Soviet atrocity early on. THE ASSOCIATED PRESS

Economic outlook

U.S. boost could lift economy

Canada's struggling economy will likely get an indirect nudge from stimulus measures being adopted in major world economies, with the U.S. Federal Reserve likely to introduce measures on Thursday. THE CANADIAN PRESS

Tech toys

Toys R Us to offer tablet for tots

Toys R Us said Monday that it plans to launch its own tablet computer aimed at children called Tabeo, a low-priced entry into the increasingly crowded tablet business. THE ASSOCIATED PRESS

Pending strike

CAW facing tough demands

The Canadian Auto Workers union says it's facing "unprecedented" demands from General Motors, Chrysler and Ford that would create a two-tiered workforce, eliminate cost-of-living adjustments and make changes to pension plans. THE CANADIAN PRESS

Pet peeves

Pets get boot in UAE apartments

Some apartment dwellers in the United Arab Emirates have received eviction notices — for their pets — and officials have put a two-dog limit on single-family houses. THE ASSOCIATED PRESS

Market Minute

DOLLAR
102.30¢
(+0.07¢)

TSX
12,215.43 (-52.58)

OIL
$96.54 US (+$0.12¢)

GOLD
$1,731.80 US (-$8.70)

Natural gas: $2.81 US (+13¢)
Dow Jones: 13,254.29 (-52.35)

Diners in Finland feast at 'pop-down' restaurant in mine

New spin on pop-up dining. Underground restaurant fully booked until experiment ends later this month

Customers have dinner at the Muru "pop-down" restaurant at Tytyri mine in Lohja, Finland, on Monday. ANTTI AIMO-KOIVISTO/THE ASSOCIATED PRESS

An award-winning chef is opening a new restaurant in Finland that turns the idea of "pop-up" eateries upside-down: It's located 80 metres underground.

Discerning food lovers are being served salted salmon, veal tenderloin, snails cooked in Pernod and apple crumble in the "pop-down" restaurant in a limestone mine in the small, southern town of Lohja.

A four-course evening meal costs 128 euros ($160 US), including drinks and transportation down to the mine and back up.

In major cities around the world "pop-up" restaurants — temporary eateries often located in underused kitchens — are allowing young chefs with experience to experiment without risk of bankruptcy.

But Finnish chef Timo Linnamaki said the idea of preparing food down a mine was all part of being close to the earth.

"'Pop-down' is such a unique idea that I just had to do it," Linnamaki said. "It's great working down here because you are totally cut off from the world, so nothing distracts from the cooking."

The 115-year-old mine goes down to a depth of 380 metres where limestone is still mined, mainly for the chemical industry. THE ASSOCIATED PRESS

On demand. BCE to take on Netflix

BCE will launch a "made-in-Canada" competitor to Netflix, available in English and French, CEO George Cope said Monday as part of his pitch to broadcast regulators considering the company's $3.4-billion takeover of Astral Media.

The service would be available on demand and on any device, and showcase Canadian and international movies from Astral's pay TV services, such as HBO Canada and The Movie Network, as well as news, sports and entertainment content from Bell Media.

Cope said more than 10 per cent of Canadians subscribe to Netflix, but the service doesn't pay taxes in Canada and doesn't contribute to Canadian content. THE CANADIAN PRESS

Quoted

"The Canadian system needs companies with the scale to compete against foreign content companies like Netflix, Apple, Google and Amazon."

BCE CEO George Cope

The many faces of payroll professionals who
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Québec

LIKE MOTHER, LIKE DAUGHTER WHETHER YOU LIKE IT OR NOT

SHE SAYS...
Jessica Napier
metronews.ca

I inherited a number of things from my mother: blue eyes, receding gums, easily tanned skin and an appetite for early-morning cocktails. But while many of my genetic legacies are unavoidable, I've begun to notice that I'm instinctually — although perhaps not knowingly — adopting more and more of her mannerisms. As I get older, I'm starting to look and act like a new, 2.0 version of my mother.

Earlier this year, Hallmark Cards UK conducted a survey that found women believe they truly turn into their mothers at age 32. And sure, a study performed by a greeting card company might not be the most scientific poll of all time, but it seems pretty reasonable that the transition would happen around this age. For many women, our early 30s are a prime time for child bearing, rearing and realizing that maybe we should start using night cream.

Similar shopping standards

"We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip."

I've still got a few years until I hit that magical number. At that time, or more likely when I have children of my own, I assume the metamorphosis from my former self into mom will accelerate in Kafka-like proportions.

Unlike some people, I'm not one to make sweeping declarations about "NEVER turning into my mother." My mother has always been someone I have admired, so turning into her would hardly be a bad thing. However, I didn't quite realize how involuntary the transition would be.

We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip.

I hear her voice inside my head every time I philosophize about the importance of dressing in layers or tell my boyfriend to actually look in the fridge before asking me if we have any milk left.

I see it not only in myself, but in my friends as well. Kelly is turning into Kathy and Jen is turning into Janet and other Jen is turning into Jo Ann (yes these are real alliteration-loving mother/daughter combos). Of course, none of us are carbon copies of our mothers; we're more like fun-house mirror reflections.

My mother and I will always have our differences — she will always know more about stain removal than I care to learn and I will always have to help fix her Facebook privacy settings — but slowly we are meeting in the middle.

Sharon Osbourne and her daughter, Kelly, arrive at an Elton John AIDS Foundation Oscar Party held at Pacific Design Center in West Hollywood, Calif. in this file photo. FREDERICK M. BROWN/GETTY IMAGES

Om, that's a really old teacher

MICHELLE SIU/THE CANADIAN PRESS

Instructing yoga at 96

Canadian woman holds Guinness World Record

Ida Herbert, the 96-year-old yoga instructor who has been named the world's oldest living yoga teacher by Guinness World Records, poses for a photo in Toronto. She has been practising the ancient discipline since the late 1940s — well before it was a trend in Western society. THE CANADIAN PRESS

Practises everyday

"I wouldn't be without it. If I do my sun salutations, and I do two or three of those in the morning, I feel so much better. I go into the kitchen and get my breakfast and I don't give a hoot." Ida Herbert

Early-hour yogi

Yoga credited for her good health

Herbert attributes her good health and generally happy attitude largely to her years of practising yoga.

She rises at 5:30 a.m. to perform her poses and says her day isn't quite the same if she forgoes her routine.

Herbert got started practising yoga when she was at a health club in Toronto. One of the women who worked there taught her the poses — and she was hooked. THE CANADIAN PRESS

Teaching others the way

- Herbert helps other women find peacefulness. She retired last year from teaching at the YMCA in Orillia, Ont., after 25 years.
- She now teaches in the Bayshore Village area, near Orillia, with classes that range from five or six up to about 17 people per class.
- Her students tend to be women ranging in age from their 50s up to their 80s.

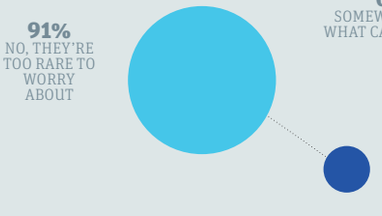
And why she stuck with it

"It's made me physically very flexible, and inside, it's made me look at circumstances in a peaceful way ... Things won't make me quite so angry as they used to."
Ida Herbert

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you fear being swallowed by a sinkhole?



Twitter

@drhicks76: It's so dry in #YQR right now, our dew point is below 0C. If any cumulus could form in this, itd be at 12,000 ft! #NotHappening #WeatherNerd

@excelatte: rank smell every night in #YQR !! I'm in south end and it's ridiculous! What is it????

@WhitenOhSoNerdy: drivers will never learn. Its like trying to teach a blind person to see. #baddriving #lifelesson

@kaylalalalynn: C'mon #yqr drivers, just merge to speed. And move left (if you can) to let people merge in. It's so very simple.

@jewwhittingham: Statistical guess: 95% of all the people attending the Lingerie Football League game in #YQR have air fresheners hanging from their mirrors.

metro
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What makes a family?

The New Normal. Silly sitcom tackles some touchy topics — here Metro chats with its creator about some of the controversy

AMBER RAY
Metro World News in New York

The New Normal is a goofy, sweet sitcom that questions what "family" means today. The show, which deals with surrogate mothers, gay parents and a big-mouthed grandma who rivals Archie Bunker, has been met with some opposition south of the border.

The conservative group One Million Moms announced a boycott of the show and a ban from a Utah TV station. Here, creator Ryan Murphy addresses some of what has ruffled a few feathers.

Cast a (gasp!) Real Housewife in a scripted role

Murphy, a huge fan of the Real Housewives franchise, first cast NeNe Leakes on one of his other shows, Glee.

"We were in the writers' room of Glee, and we were writing a nemesis for Jane Lynch, and I said, 'You know what we need? We need somebody like this.' And I had seen NeNe on Housewives, and I had also seen her take down Star Jones on Celebrity Apprentice. So we had watched that scene, and I said, 'Wow. I don't even know if NeNe wants to act, but we should talk to her and offer her this part,' which was Roz, that she did so well."

Murphy approached Leakes for the role of Rocky because "she's just hilarious," he adds.

Feature a close-minded, no-filter grandma

Nana Jane is a throwback to Archie Bunker — she says shocking, politically incorrect things and isn't bothered if she offends someone. "(The New Normal) in many ways is about tolerance, and I think it's about a discussion of tolerance," Murphy says.

"When I was growing up, one of the most memorable times that I would have with my parents was watching All in the Family and being young and hearing people talk that way and then having a discussion: 'Was that good? Was that bad? What was that?' I think people will talk about some things that the (New Normal) characters say, obviously, but I think that's a good thing."

Call 'unconventional' families 'normal'

There is no traditional nuclear family in The New Normal, and Murphy credits shows like Modern Family and Will & Grace, which both featured gay characters in committed relationships, for paving the way for his show to reach the air. "So many people watched those shows and are educated. Those shows changed views," he says.

And while The New Normal is loosely based on Murphy's own life — "the show came about because my partner and I have been having conversations about surrogacy," he says — the sitcom also delves into every character reexamining his or her life and asking, "What's next?"

"We talked about what it was like to be a single mother with a young daughter, what is it like to be a woman in your 50s who is completely starting over and dating again," Murphy says of Goldie and Jane.

The controversy metre

- 'Challenge' the idea of conventional family
- No-filter grandma
- Real Housewife actress

The plot

Single mom Goldie (Georgia King) moves to L.A. with her eight-year-old daughter (Bebe Wood) for a better life. There, Goldie becomes the surrogate for a gay couple, Bryan (Andrew Rannells) and David (Justin Bartha), who want to have a baby. Ellen Barkin stars as Goldie's outspoken, prejudiced grandmother, Jane, and NeNe Leakes plays Bryan's assistant, Rocky.

- **Air times.** The pilot episode of The New Normal aired last night on CTV. Another episode of the show airs tonight.

Jovovich gets stylish

Milla Jovovich. Resident Evil star gets ready for the world's fashion weeks

NED EHRBAR
Metro World News in Hollywood

She may have a film, Resident Evil: Retribution, coming out this Friday, but Milla Jovovich has a little more than press junkets and promotional tours on her mind. September also marks the start of the Fashion Weeks season in various cities — New York, Milan, Paris, Toronto — and the star has been a front row fixture at many.

Anything in particular you're looking forward to at the various Fashion Weeks?
I am super-looking forward to going to Paris to see Hedi Slimane's new Yves Saint Laurent show. It's going to be super-exciting because I love Hedi and he's amazing. I mean, to think that he's designing for Yves Saint Laurent is pretty exciting.

And you'll be right in the front row?
Listen, I'd be in the standing row, I don't care. I've been in the standing row before. You know, I don't get caught up in front row stuff unless it's, like, important for the designer. But if I want to go see a show and relate or whatever, I'll just go and stand. I don't care. It's not like people are going to be like, "Oh! Milla wasn't allowed in the front row. I guess she's not hot." It's all good, I'm confident. I'm 36 and I'm still relevant, so I can stand. I'm not that insecure (laughs).

Milla Jovovich is a fixture at many of the fashion weeks. GETTY IMAGES

SCENE2

On the web

George Michael makes pop history at Paris Opera concert.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

A sneaky wedding for Reynolds and Lively

THE WORD
Monica Weymouth
scene@metronews.ca

Usually, people as famous as Ryan Reynolds and Blake Lively can't go grocery shopping without us snooping around their carts. But somehow, the impossibly pretty couple planned and executed an entire wedding over the weekend without us so much as getting a whiff of cake. (Our guess: They killed off the rare caterer who wasn't hypnotized by their sparkling eyes.) On Sunday, Reynolds, 35, and Lively, 25, tied the knot just outside of Charleston, S.C. A number of details have finally trickled in — the Reynolds trance doesn't last forever — and it seems they had the kind of understated wedding that really works best when you're overly wealthy: A simple white gown (by Chanel), an outdoor reception (at an antebellum plantation) and music by close friends (Bette Midler and Florence Welsh of Florence + The Machine). It's the second time down the aisle for Reynolds — who divorced Scarlett Johansson in 2010 after two years of marriage — and the first for Lively, who, not to be outdone, briefly dated Leonardo DiCaprio last fall.

Miley Cyrus

Scissor scare for Cyrus

An unidentified man wielding a pair of scissors reportedly tried to force his way in Miley Cyrus' Los Angeles-area home late at night over the weekend, according to the Associated Press. Luckily, Cyrus wasn't home at the time the man attempted entry, claiming to be a friend of the singer and actress. Police were called by employees inside the house and arrested the man after spotting him jumping behind bushes on the property.

Kristen Stewart

'We're going to be fine': Stewart on soured relationship

Kristen Stewart will be side-by-side with estranged boyfriend Robert Pattinson to promote the final Twilight film soon, and she swears she isn't stressing out about it. "We're going to be fine. We're going to be totally fine," she tells the Associated Press. We certainly hope they will be, as the studio behind the film is reportedly planning to break records for the largest Hollywood premiere in history for the film's November release.

Twitter

@kirstiealley
Oh my God!!! All my old drafts just unloaded..so sorry..and some I never wrote..have I been hacked?!

@andersoncooper
When I reach 3M Twitter followers, my talk show will give a trip to NYC to one of my followers.

@ladygaga
#IfObamaDontWin i say we try to build a new planet and all go live there

@SethMacFarlane
A good rule of thumb is to never be in Liam Neeson's movie family.

Are you punk? Hippie? Goth? How your hair will define you

Beauty. Punk=rebel, dreads=hippie, tight bun=uptight. Does our hair define who we are? Experts discuss with Metro

ROMINA McGUINNESS
romina.mcguinness@metro.lu

When former Disney star Miley Cyrus chopped off her locks last month in favour of a shorter, grungier 'do, she tweeted: "I've never felt more 'me' in my whole life." This led us to wonder, can our hair shape who we are? Here are five ways in which it can.

It adds to your aura. Just ask a guy.

"Many of us believe our figure is the physical feature that defines us. In reality, anything from the neck up is what people see first and remember most," explains beauty psychologist Vivian Diller. "We have a reaction to someone within the first seven seconds of meeting them. As our mind processes what we see, that person's hair becomes a non-verbal expression of health."

Good-bad hair days influence your day-to-day mood swings

"Your body shape can take years to change. Your facial structure is more or less as it is and although you can play around with cosmetics to highlight different things, there's not a whole lot you can do. Hair on the other hand, is one of the few things that's easy to change," Art Markman, professor of psychology at the University of Texas, tells Metro. "You exert this tremendous amount of control over it and in a very short period of time, you can completely change your look."

The changeable nature of hair and its versatility explains how it can influence our mood, he adds.

"Every morning you wake up, look in the mirror and face yourself. At this moment, you have this instant sense of what kind of day you're having, just on the basis of your hair. If you feel like your hair is one big lump and that you'd love to be able to shave it off and burn it, you end up feeling like this tangled mass of hair."

It's a cheap way of making a statement

Feel like dip dying the tips of your hair pink? All you need is a DIY dye kit.

"We have a limited number of ways in which we can project ourselves to the world. Cutting or styling our hair a certain way is both a dramatic thing we can do and relatively speaking, an inexpensive one," explains Markman. "You can try and make a statement by changing the way you dress but revamping your wardrobe isn't cheap. A high-end haircut is always going to be cheaper than redoing your wardrobe," he points out.

Quote

"People generally take 'all' of you in, what wear, your smile, whether your eyes are bright and shiny. But they're also unconsciously clocking your hair and that can influence the way they treat you."

Art Markman
Psychologist

It's an enabler of change (you can believe in)

Your hair can influence how people perceive you, but it can also change your perception of yourself. Diller calls this the feedback loop.

"Change doesn't have to come from the inside. When you look in the mirror, what it is you see feeds back information about who you are and how you feel about yourself. If you have this fantasy of being a completely different you, then changing your hair can enable this change, because ultimately, you are changing what you see. If a haircut makes you look bolder or younger, that's how you will eventually feel. Only then do you need to change how you feel inside, in order to match what you — and others — see."

It allows you to exert control over your life

So many aspects of your appearance are out of your control.

"You wake up in the morning with a huge pimple on your face. You didn't choose to wake up to spotty skin but you have to deal with it. But your hair — that's more or less under your control," says Markman. "You can walk into a stylist and say, 'cut it.'"

According to Markman, the value of our hair rests on the basis that we all need a few things in our life that are 100 per cent ours.

"So many things in our lives are out of our control. We're constantly trying to manage all the forces that are working against us. But no one can tell you what to do with your hair. It belongs to nobody but you.

"This explains why times when people make significant changes in their hair often reflect a situation where the rest of their life felt out of their control, such as a messy divorce or a shift in career. It can also be that after a long period of time where they have let themselves go, they are once again seizing control."

Remember: you can always change what it is you see in the mirror.

Up and Down

HAIR UP

People who wear their hair up tend to be more in control of things and like their life to be perfect. Women (and occasionally, men) wearing this style (a tight bun or high ponytail) often come across as less accessible.

HAIR DOWN

People that let their hair down are instantly thought of as freer souls. You appear more expressive and relaxed, making you more open to meeting new people.

Top three influential haircuts

1 David Beckham's...

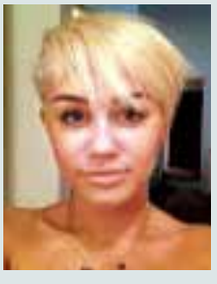
...Mohican proved macho men too, could go wild with their hair.

2 Emma Watson's...

...pixie cut has become the most influential celebrity do, beating Jennifer Aniston's Rachel.

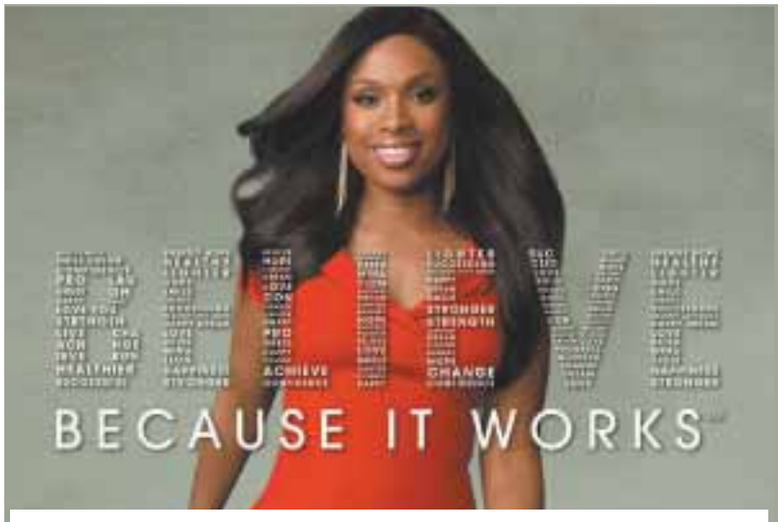
3 Miley Cyrus'...

...cropped and blonde '80s style cut shows that you can be both pretty and punk.



On the Web

Taking a 'drug holiday' can cut side effects for some prostate cancer patients



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valid in Alberta and Saskatchewan until September 29, 2012 · pre-payment of multiple meetings may be required at some locations · not valid for on-line subscription · no cash value · all prices plus gst

How to deal with an anniversary of your loss

Coping with grief. Waves of intense emotions are common and there are ways you can prepare for and recover from them

CELIA MILNE
life@metronews.ca

Visitors and tourists are photographing roses that were left at the September 11 Memorial. ISTOCK IMAGES

Unhappy anniversary. How do you deal with a date signifying loss?

Whether it's a day of collective grieving such as 9-11 or another day of loss, many people have tough anniversaries on the calendar.

Metro spoke to Toronto psychologist Dr. Kimberly Watson about how to deal with days that mark a disaster, a war, the death of a loved one, a bad diagnosis, an injury, a relationship loss, or a miscarriage.

"Grief has been described to me like coming in waves," says Watson. "With time, the waves come less frequently and less intensely."

Anniversaries may bring back waves of intensified grief.

"People might worry they are not 'over' their grief as much as they had thought. What they may come to understand is that these periodic increases in grief, in response to reminders such as anniversary dates, are a normal part of the process of recovering from loss."

Reactions to an unhappy anniversary might include sadness, sleep disturbance, anger, irritability, dreams, loss of appetite, headaches, and preoccupation with thoughts and memories of the events surrounding the loss.

How do you cope? Watson recommends making a plan to get through the day. Honour the loss and feel your feelings.

"It is normal to feel increased distress. It is also normal to smile or laugh. Allow all of it," she says.

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Pineapples and coconut sauce: Tropical take on scallop stir-fry

ROSE REISMAN
for more, visit
rosereisman.com

I prefer buying large scallops for a stir-fry. The key is to not overcook them, or they become dry and chewy.

Make sure to buy light coconut milk, which is much healthier for you than regular coconut milk. Serve over rice or noodles.

1. Make the coconut hoisin sauce by whisking together the coconut milk, hoisin sauce, oyster sauce, peanut butter, cornstarch, garlic, ginger, chili sauce and brown sugar in a small bowl until smooth. Set aside.

2. Lightly coat a nonstick grill pan (or wok) with cooking spray and set over medium-high heat. Add the scallops and sauté until the flesh is opaque and center is slightly translucent, about 3 minutes. Remove from the pan and set aside.

This stir-fry serves four. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

3. Steam or boil the broccoli for 2 minutes just until tender. Drain well. Respray the pan (or wok) and reduce the heat to medium. Add the broccoli and the red bell pepper and stir-fry for 2 minutes.

Ingredients

Sauce
- 1/2 cup light coconut milk
- 1/4 cup hoisin sauce
- 2 tbsp oyster sauce
- 1 tbsp natural peanut butter
- 1 tsp cornstarch
- 1 1/2 tsp chopped garlic
- 1 tsp finely chopped ginger
- 1 tsp hot chili sauce
- 1 tbsp brown sugar

Stir-fry
- 12 oz large scallops
- 1 1/2 cups chopped broccoli (including stems)
- 2 cups sliced red bell pepper
- 1/2 cup diced pineapple
- 1/4 cup chopped cilantro
- 3 tbsp chopped green onions

4. Add the sauce and scallops and stir-fry for another 2 minutes or until the sauce thickens and all the ingredients are heated through. Transfer to a serving platter and sprinkle with pineapple, cilantro and green onions.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

What you don't know about yogurt can hurt you

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

These days, all you hear about is probiotics. Do you really need them? Do they really affect your health? What happens if you don't have them and what the heck are they anyway?

Probiotics feed the good bacteria in your gut. Good bacteria in your gut breaks down food, synthesizes vitamins, stimulates immunity and kills bad germs. In short, they are crucial.

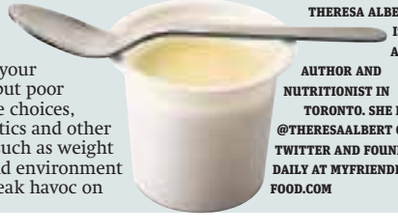
We are born with a set amount of good bacteria (thank your mom) but poor lifestyle choices, antibiotics and other issues such as weight gain and environment can wreak havoc on these life-sustaining belly buddies. Poor gut flora has been linked to everything from C. difficile to the metabolic syndrome. Trust me, you care.

One of the best ways to build good bacteria is to eat yogurt. The shelves are full of boasting brands.

Here is your cheat sheet of what to look for:

- Gelatin free
- No colourings or flavourings
- Only real fruit added
- As low in sugar as palatable to you
- As fortified in probiotic as high as possible (more than one billion if possible)

The most important key is to choose a flavour that will keep you interested and eating. It doesn't matter how healthy a food is, it won't do you any good sitting in the fridge.



THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Salmon & gazpacho dish to end grilling season

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Salmon's richness always cries out for a little acid, even if it's nothing more than a squeeze of lemon. This recipe's gazpacho vinaigrette ups the ante. Gazpacho is a cold Spanish soup with many variations, but the basic recipe is a refreshing tomato-based vegetable soup. Here, add extra-virgin olive oil and sherry wine vinegar, thereby repurposing the soup into a chunky vinaigrette dressing.

1. Heat the grill to medium.

2. In bowl, toss together pepper, tomatoes, cucumber and half a teaspoon of salt. Mix well, then spoon half of the mixture into a blender.

3. To blender, add garlic, vinegar, a few grinds of pepper and olive oil. Puree until smooth. Add the purée to the bowl of diced vegetables, stir well and season with salt and pepper.

4. Use paper towels to pat dry the salmon fillets. Spray the fillets all over with the olive oil spray, then sprinkle them with salt and pepper. Arrange the fillets, skin side down, on the grill grate over direct medium heat. Cover and cook until the flesh right next to the skin looks opaque, 6 to 7 minutes.

5. Flip the fillets and cook until just cooked through, another 2 to 3 minutes. Transfer the fish from the grill using a wide metal spatula.

6. To serve, divide the sauce between 4 shallow bowls, then set a piece of salmon over each, skin side up (you can easily peel off and discard the skin at this point, if desired). Garnish with chopped herbs, if desired.

Ingredients

- 1/2 red bell pepper, diced
- 1/2 lb ripe tomatoes, diced
- 4-inch piece English cucumber, diced
- Kosher salt
- 1/2 clove garlic, smashed
- 1 tbsp sherry vinegar
- Ground black pepper
- 2 tbsp extra-virgin olive oil
- Four 6- to 8-oz pieces centre-cut salmon or arctic char fillets, skin on
- Olive oil, olive oil spray
- Chopped fresh herbs (such as basil, chives, tarragon, cilantro or parsley), to garnish

THE ASSOCIATED PRESS

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Educate your kids about money. Start young. Take time to show them that salmon costs more than a lemon. ISTOCK

ABC's of money can start as early as three

Never too early. Talk to your kids about money, add financial literacy to their learning and they will thank you later

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Summer is officially over and your children are heading back to day-care and school. Now is the perfect time to add financial literacy to their regular routine.

When North American adults were surveyed by CouponCabin.com in August, nearly 75 per cent of them wish they'd received more financial education when they were young. Instead, according to the BMO Retirement Institute's Approach to Retirement, many people learn about money through first-hand experiences (some good some bad) or upon the advice of friends and family members (some are qualified while others are not).

Good thing, nearly 80 per cent of parents these days are motivated to pass along smart money management skills to their children.

Don't worry if you're not financially savvy like Warren Buffett. Talking to your children about money is easy and, in fact, you can start as early as three years old.

Toddlers can learn money basics, like what it looks like and how it feels, by showing them coins and providing a small piggy bank to play with. This is also a great opportunity to teach your children a little bit about numbers; like how four is larger than two and what numbers look like when they're written out. Spend time counting coins with them and perhaps make a craft out of your penny collection.

Take your kids to the grocery store and explain what prices mean and the difference between an expensive item, like a piece of salmon, versus the cost of a lemon. Allow them to pick out their favourite foods and read the prices with them. Show your children how coupons are used and explain why saving money is good for families.

When Junior is a bit older, describe what you're doing when you go to the bank or ATM machine. If you pay with a credit card versus cash, explain the difference between the two methods of payment. As early as five years old, put your children on a small allowance. These allowances are critical tools parents can use to demonstrate how to budget and prioritize a child's money. When linked to chores and tasks, allowances convey the lesson of the value of a dollar. Through an allowance, children can begin to demonstrate their OWN ability to plan ahead, use a budget and be accountable for their spending. This is also a great time to open up a bank account.

Follow Lesley on Twitter @LesleyScorgie

Let's talk about sex, baby

Poll. We interviewed 2,500 of you about your most intimate secrets. Here's what you revealed (we won't judge).

How often do you have sex?
Look at the person next to you. Wink. Today may be your lucky day: 45 per cent said they get busy weekly, which beat daily (eight per cent) and monthly (12 per cent) for the top spot. Only one per cent have sex yearly, and 12 per cent didn't know or said "it depends," but second place actually went to: "It's been too long since the last time" (17 per cent). Sorry folks. May we introduce you to some virgins (six per cent)?

What's your kink of choice?
You really enjoy your public displays of affection: An overwhelming 42 per cent of survey responders admitted to having sex outdoors or in public. And, while your parents might have told you not to play with your food, now that you're an adult you enjoy playing with your food ... in bed (21 per cent).

Three's never a crowd: 13 per cent of you have dabbled in a ménage à trois. (Are 13 per cent of you lying?)

About 14 per cent have tried the dominant game while 10 per cent have played the submissive, and an especially sexually adventurous four per cent of you have tried on some S&M gear. Playing with candles (four per cent) didn't light your fire as much as playing with butt plugs (nine per cent). And, a select few of you (four per cent) have a few sexy secrets that weren't even mentioned.

Note to the 34 per cent of you who said you weren't kinky: Experiment. If butt plugs are too adventurous, maybe try food in bed — you probably eat there anyway.

Stat
45%
of you get busy ... weekly.

Stat
22%
want to see Batman and Catwoman get it on..

What kind of erotica do you enjoy?
About a quarter (27 per cent of you) don't need outside materials to turn you on. But, when it comes to your sexual media, the majority of you head online. Forty-five per cent get excited from videos and web clips, with a small portion of responders preferring to watch sex acts live (four per cent).

Erotic fiction tickles the fancy for 15 per cent, while two per cent of you are hanging on the telephone. About seven per cent of you are lovers of the arts — pornographic photography art, that is.

Why is Fifty Shades of Grey such a big deal?
For the majority of you (10 per cent), you felt the most appealing part of reading the Fifty Shades series was the fact that reading about sex is empowering. However, a lot of you also believed the books had people hooked because it made submissive fantasies more mainstream (eight per cent).

Five percent couldn't ignore that the books' popularity was probably due to the connection to Twilight, while six per cent felt the fantasy series' basis in reality was what made so many people read it.

Three per cent felt that the reason Fifty Shades was so popular was because it was available on ebook to readers, allowing them to peruse steamy scenes anywhere from the four walls of their bedroom to wide-open public transportation.

What fictional characters do you want to see getting hot and heavy?
Light up the Bat-signal: 22 per cent of you want to see Batman and Catwoman get busy. But Marvel heroes Iron Man and Black Widow aren't that far behind (11 per cent). You weren't so interested in seeing Spider-man finally land Gwen Stacy (five per cent).

For you Hunger Games fantasy fiction fans, Katniss and Peeta (three per cent) beat out Katniss and Gale (two per cent). Oddly, Katniss/Gale tied with the desire to see Frodo and Gollum getting it on.

Maybe "Doing the Hobbit" will be the next big sex trend of 2012.

METRO WORLD NEWS

50 SHADES OF RELATIONSHIPS

THERE ARE MANY LESSONS TO BE LEARNED FOR POST-SECONDARY STUDENTS

ISTOCKPHOTO/THINKSTOCK

Living in a new city. The availability of alcohol. Managing life's responsibilities such as cooking and laundry solo.

Those are some of the expected challenges students are working with when starting college or university. But for almost all them, developing relationships and sexuality is another, possibly tougher, lesson to learn about in their post-secondary years.

"The overarching challenge is navigating all kinds of new relationships, which are formed quickly and in an entirely new environment," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition. "So negotiating: What does dating look like? What do relationships look like? It's figuring it all out in an entirely new setting."

SEXUAL BOUNDARIES

And in a year where the erotic novel Fifty Shades of Grey is everywhere, boundary setting is clearly important in developing these new sexual relationships. "People have sex for countless reasons, including pleasure, popularity, coping, pleasing a partner, and the list goes on," says Alice Balter, a Toronto-based sexual health educator. "It's important to explore what our personal sexual boundaries and limits are, especially within the context of a new-found freedom such as living away from home for the first time. Exploring our sexuality warrants thoughtful navigation for students to stay within their personal boundaries and limits."

ADD IN ALCOHOL

And while universities and post-secondary institutions are working on eliminating or minimizing alcohol — particularly in frosh week events (Nova Scotia's Acadia University made headlines last week for banning alcohol in dorm rooms) — when it is available, alcohol also often ignites new sexual experiences. "Individuals should be wary that sexual relationships can develop really quickly under the influence of alcohol. And then there are the emotional concerns and heartbreak with that, but also legal issues regarding sexual encounters with someone under the influence of alcohol or drugs," notes Milhausen.

PLAY IT SAFE

So how can students navigate this exciting time in their lives from a sexual standpoint? Aside from practising safe sex by using protection, go with your instincts. "If something about a situation seems off to you, if something about a person or an invitation or request seems off, then trust your gut in deciding," suggests Milhausen.

Also — rest assured parents — Milhausen also notes that while many students let off steam early in the year, things do get better. "Most students tend to go a little wild at the outset — most of them also tend to right themselves before things go too far," she says.

– Astrid Van Den Broek

NAVIGATE YOUR SEX LIFE IN SAFE, FUN WAY

While campuses often offer free protection by way of condoms, there are services of other sorts available notes Alice Balter, a Toronto-based sexual health educator.

"It's important to know the resources your campus offers such as counselling services or clubs and/or associations such as lesbian/gay/bisexual/transgender (LGBT) groups that you can get involved in," she says. "The more information you have about sexual health risks such as the influence of alcohol or sexual assault, and the positive aspects of sexuality such as intimacy and pleasure, the better you'll be equipped you'll be to navigate your sexual lives in a safe and fun way."

Did you get "it" yet?
Don't let "it" be HPV.
Let "it" be knowledge, screening & vaccination.
Avez-vous déjà eu « cela »?
« Cela » n'a pas à être le VPH.
Pour éviter « cela », vaut mieux se renseigner, se faire dépister et se faire vacciner.
Spread the word not the disease
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THE SOCIETY OF OBSTETRICIANS AND GYNAECOLOGISTS OF CANADA
LA SOCIÉTÉ DES OBSTÉTRICIENS ET GYNÉCOLOGUES DU CANADA
infovph.ca
Passez le message pas le virus

SAFE SEX IS THE BEST SEX

BANANASTOCK/THINKSTOCK

Unprotected sexual encounters can lead to sexually transmitted infections (STIs) such as:

CHLAMYDIA: A bacterially transmitted infection that shows virtually no symptoms. If symptoms develop, they can include discharge, burning while urinating, abdominal pain or pain during intercourse (or for men, testicle pain). A urine test can diagnose chlamydia.

GENITAL HERPES: Symptoms include sores around the genital area as well as painful lumps. Medication can help the symptoms, but there is no cure.

HUMAN PAPILLOMAVIRUS (HPV): Warning signs include warts that are flat or cauliflower-shaped. There are several variations of HPV and while some lead to warts, others can lead to cancer. Preventative vaccines such as Gardasil are available for women and men while Cervarix is an option for women only.

SYPHILIS: This bacterial infection is sexually transmitted and manifests itself in symptoms such as an open sore in the genitals or throat along with — possibly — swollen glands, muscle pain, rash and fever. Syphillis is treated with antibiotics including penicillin.

HIV/AIDS: Sexual contact (along with sharing of needles or for women, through pregnancy and breastfeeding) is how HIV is spread and attacks the body's immune system. From a sexual standpoint, latex or polyurethane condoms or a female condom are the best prevention methods. While there is no cure for HIV, antiretrovirals can be prescribed to help prolong the life of those with HIV/AIDS.

GONORRHOEA: This bacterial infection shows itself via burning while urinating, pain or swelling in the testicals and a yellow/white discharge in men. In women, it may not show at all, although if symptoms do develop they, too, include burning during urination and a yellow discharge. While antibiotics are available to treat this STI, there is an increase in Canada in the strains resistant to antibiotic treatment.

LYMPHOGRANULOMA VENEREUM (LGV): Another bacterial infection, this, too, develops symptoms such as a lump (which can be painless) and later flu-like symptoms such as fever, chills, fatigue and muscle aches. The lymph nodes in the area where infection began may also swell. Antibiotics are prescribed as treatment.

Health Canada has fact sheets available at hc-sc.gc.ca and click on "health concerns."

– Astrid Van Den Broek

Sexcellent Information
WE ANSWER ALL YOUR BURNING QUESTIONS
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THE SEXUAL HEALTH EDUCATION PLACE
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HEMERA/THINKSTOCK

'SAFER SEX'

Some sources prefer the term safer sex to more precisely reflect the fact that these protective practices reduce, but do not completely eliminate, the risk of disease transmission or pregnancy.

KNOW THE RISKS BEFORE SEX

Sex education is a big part of college and university life for many students.

While some choose not to engage in sexual activity, many see this as time to learn more about their sexual feelings and preferences. So students need to know about the risks involved before becoming sexually active.

Sexually transmitted infections and diseases, especially among young Canadians, continue to be a significant and increasing public health concern. Rates of chlamydia, gonorrhea, and infectious syphilis have steadily increased during the past decade. The majority of reported chlamydia and gonorrhea cases continue to be among those aged 15 to 29 years.

Regular testing for sexually transmitted infections, including HIV, is important for anyone who is sexually active, as many infections, including chlamydia, gonorrhea and syphilis, are easily treated.

"A number of STIs show little or no noticeable symptoms so many infected individuals are not aware that they are infected," says Gary Holub, a Health Canada spokesperson. "Education is a key component of disease prevention."

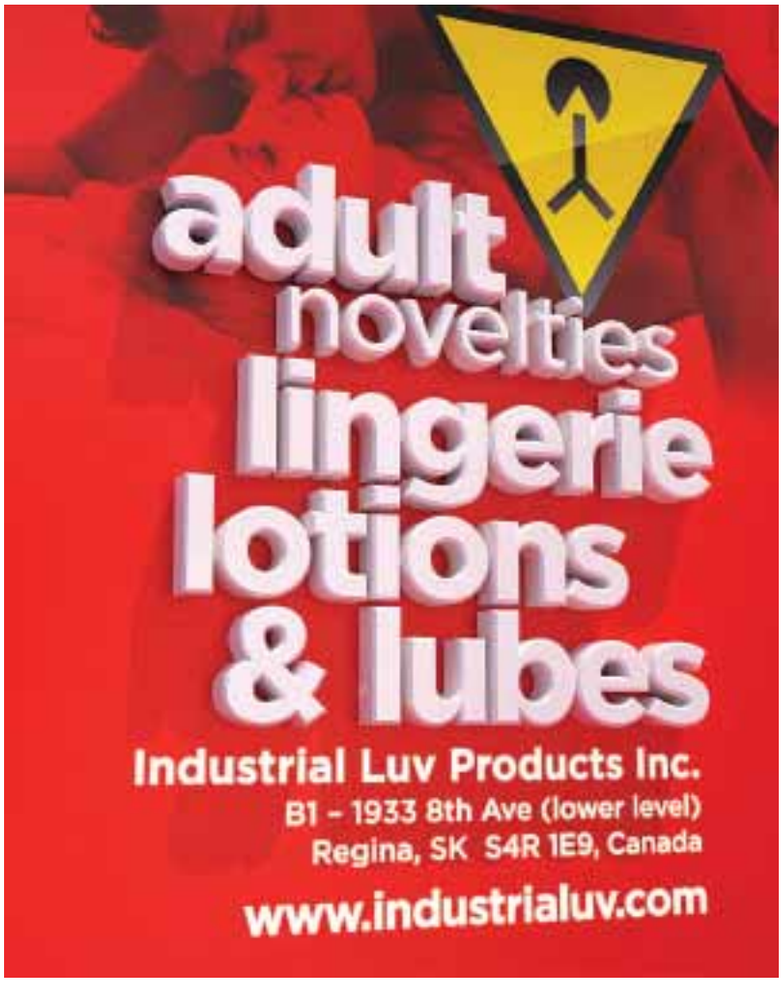
If you are having sex, you or your partner should wear a condom. But know that condoms aren't 100 per cent foolproof in the spread of disease. Be aware that some STDs can spread without genital-to-genital contact or ejaculation. A monogamous sexual partner is your best bet for reducing your risk of contracting STDs.

Visit phac-aspc.gc.ca/publicat/std-mts/risk-eng.php#k to determine the level of risk of various sexual acts.

Contraception is a must to prevent unwanted pregnancy. Condoms are effective but make sure they are used correctly. Health Canada reports that in 10 per cent of cases a pregnancy can result thanks to improper usage.

It's important to communicate with your sexual partner before sex. Topics for discussion should include what sexual activities you will and won't engage in, what protection you will use and exchanging information about past sexual partners and habits.

Regina Qu'Appelle
Regina STD and Sexual Health Clinic
2110 Hamilton Street, Regina SK · (306) 766-7788
"Be proactive; get tested, know your status!"
Clinic Hours
Mon, Thu 12:15 pm - 4 pm, 6 pm - 8:30 pm
Tue, Wed, Fri 9 am - 11:30 am, 1 pm - 4 pm



TURN THAT DREAM JOB INTO REALITY

CAREERBEAR.COM PROVIDES INFO TO DO JUST THAT

Everybody has a dream career that they would love to pursue. It's the kind of job you would be willing to do for free because the money doesn't matter. Doing it just makes you happy.

The Internet is full of websites offering advice about how one can land their dream job. For the person trying to sift through all of this information, it can be a disappointing process as relevant information can be difficult to find and the advice might not be very good.

That's where CareerBear.com comes in to save the day. The site is Canada's premier information source for people who want a new career, but aren't sure where to start their search.

One of the things that makes Career Bear so unique and effective is that its content is Canadian, so the articles are tailored specifically to what's happening in Canada, as well as what will be happening in the future. This ensures the information is relevant and applicable to readers.

ISTOCKPHOTO/THINKSTOCK

At the home page of CareerBear.com, you can browse careers by industry, salary, outlook or alphabetical listing. On each career page, you will find job profiles, quick career facts and training programs near you.

In other words, not only does Career Bear provide you with information about how to make the move, but it also suggests programs and schools in your area that can help make the dream a reality.

To date, more than 65 detailed profiles have been written about careers in fields such as business, writing and language, creative arts, engineering and science, culinary arts, IT, trades, medical and health, legal and professional, and more. As time goes on, this number will only continue to grow.

Career Bear is loaded with great content and in the coming weeks (and months), it will continue to add great general interest articles. Topics that have been covered recently include why you shouldn't stay in the same job for more than five years, the careers with the fastest salary growth, the best jobs for working moms, and the 10 hottest career options for the next five years.

Check out CareerBear.com today to get a head-start on landing your dream job of tomorrow.

HAVE A QUESTION?

Are you looking for information on a career that isn't featured (yet) on Career Bear? Get in touch via email at contact@CareerBear.com on what career the site should be profiling, as well as any other thoughts you have about the site.

Career Bear

I've got details on flexible careers, jobs with the fastest salary growth, keys to loving your job and the schools and tools in your area to help you become what YOU want to be.

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Get there with CareerBear.com

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Apple Inc. is not a sponsor of, nor a participant in this promotion.
To register and for full contest details, visit clubmetro.com

NFL

Clock mistake gave Lions extra timeout in opener

St. Louis Rams coach Jeff Fisher says a mistake by the clock operator late in Sunday's last-second loss at Detroit basically gave the Lions an extra timeout that completely changed how the finish played out.

"In essence, Detroit was granted an extra timeout, I guess, if you want to look at it from our perspective," Fisher said Monday.

The league office agreed Monday. It's just a bit of consolation for a team coming off a two-win season that took the Lions to the wire on the road in their opening 27-23 loss.

THE ASSOCIATED PRESS

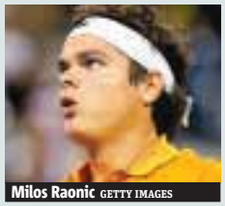
Tennis

Raonic to take on Roddick in Toronto

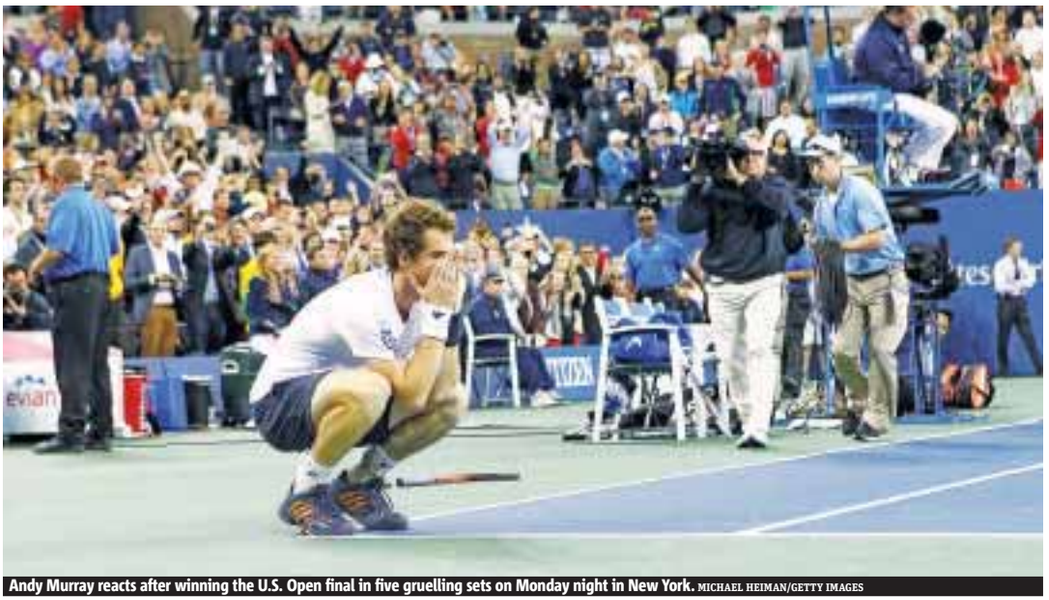
Canada's Milos Raonic will make a rare appearance at home this fall.

The 21-year-old from Thornhill, Ont., will battle the recently-retired Andy Roddick in "The Face-Off," an exhibition Nov. 16 at the Air Canada Centre in Toronto.

"I don't get to play in front of the home crowd very often," Raonic said in a release. "This event gives me the chance to play in front of my Toronto fans, friends and family while showcasing some of the all-time great players." THE CANADIAN PRESS



Milos Raonic GETTY IMAGES



Andy Murray reacts after winning the U.S. Open final in five gruelling sets on Monday night in New York. MICHAEL HEIMAN/GETTY IMAGES

Murray ends major drought at U.S. Open

Tennis. After blowing two-set lead, 25-year-old Scot recuperates to take title from Djokovic

His considerable lead, and a chance at history, slipping away, Andy Murray dug deep for stamina and mental strength, outlasting Novak Djokovic in a thrilling five-set U.S. Open final Monday.

It had been 76 years since a British man won a Grand Slam singles championship and, at least as far as Murray was concerned, it was well worth the wait.

Ending a nation's long drought, and snapping his own four-final skid in majors, Murray finally pulled through with everything at stake on a Grand Slam stage, shrugging off defending champion Djokovic's comeback bid to win 7-6 (10), 7-5, 2-6, 3-6, 6-2.

"Novak is so, so strong. He fights until the end in every single match," Murray said. "I don't know how I managed to come through in the end."

Yes, Murray already showed he could come up big by winning the gold medal in front of a home crowd at the London Olympics last month. But this was different. This was a Grand Slam tournament, the standard universally used to measure tennis greatness — and the 287th since Britain's Fred Perry won the 1936 U.S. Championships, as the event was known back then.

Murray versus Djokovic was a test of will as much as skill, lasting four hours and 54 minutes, tying the record for longest U.S. Open final. The first-set tiebreaker's 22 points set a tournament mark. They repeatedly produced fantastic, tales-in-themselves points, lasting 10, 20, 30, even 55 — yes, 55! — strokes, counting the serve. The crowd gave a standing ovation to salute one majestic, 30-stroke point in the fourth set that ended with Murray's forehand winner as Djokovic fell to the court, slamming on his left side.

By the end, Djokovic — who had won eight consecutive five-set matches, including in the semifinals (against Murray) and final (against Rafael Nadal) at the Australian Open in January — was the one looking fragile, trying to catch breathers and doing deep knee bends at the baseline to stretch his aching groin muscles. After getting broken to trail 5-2 in the fifth, Djokovic had his legs massaged by a trainer.

"I really tried my best," Djokovic said.

When Djokovic sent a forehand return long on the final point, Murray crouched and covered his mouth with both hands, as though even he could not believe his moment had actually arrived.

THE ASSOCIATED PRESS

By the numbers

1949

No one had blown a two-set lead in the U.S. Open title match since 1949, and Murray was determined not to claim that distinction.

NHL. Lockout looming with less than week to go

The wheels have already been set in motion.

As the NHL enters the final days under its collective bargaining agreement, both the owners and players have meetings scheduled in New York City where they'll discuss an impending lockout. But unless the sides can find a way to get back to the bargaining table and hammer out an unlikely deal before 11:59 p.m. ET on Saturday, it's a mere formality.

In fact, commissioner Gary Bettman won't even have to make the case for a lockout when the Board of Governors gathers at a Times Square hotel on Thursday afternoon.

Rallying the players

The NHLPA is planning its largest gathering since 2005 with more than 250 players slated to attend Wednesday and Thursday.

"The commissioner doesn't need specific board authorization to institute or implement a lockout," deputy commissioner Bill Daly told The Canadian Press in a recent interview. "That has been granted already in connection with his authority to conduct collective bargaining." THE CANADIAN PRESS

NFL

Manning's talents appear intact after test from Steelers

Mike Tomlin needed only two words to describe the guy who ripped apart the Pittsburgh Steelers' defence.

"He's Peyton," the coach said with a shrug.

Starting for the Broncos for the first time Sunday, Manning wasn't about to let a 20-month layoff for neck surgery wreck his opening night. Using the no-huddle, the four-time MVP led the Broncos on a trio of 80-yard TD drives en route to a 31-19 victory.

THE ASSOCIATED PRESS

CFL. Burke takes blame for Bombers loss to Riders

No one is beating up Tim Burke more than Tim Burke over a decision that helped cost the Winnipeg Blue Bombers a much-needed win.

The head coach says his decision to punt and not attempt a field goal in the final minute of the fourth quarter Sunday cost them the 25-24 loss to the Roughriders.

But Burke says they have to make adjustments and move forward to prepare for Friday's game against Calgary.

The Bombers will be going with backup quarterback Joey Elliott for one more game.

Burke says the plan is to have Buck Pierce practise and be ready to start against Hamilton when they visit Winnipeg on Sept. 21.

THE CANADIAN PRESS

Bombers head coach Tim Burke
THE CANADIAN PRESS FILE

4 SPORTS

Mobile sports

"What a golden summer it has been for our country," British Prime Minister David Cameron said on Monday. Indeed, London held one final parade a day after the end of the Paralympics to celebrate a sporting summer for the ages.

Canadian soccer team facing hostile crowd in Panama

Soccer. Canada sits atop its group halfway through the stage and needs four points from three games to advance

If the Canadian men's soccer team was hoping for a good night's sleep Monday, here's hoping the players packed some ear plugs.

Noisy Panamanian supporters planned to camp outside the Canadians' hotel for the second consecutive night Monday to throw off the opposition ahead of Tuesday's important World Cup qualifier.

"We'll see what happens," said captain Kevin McKenna. "I'm sure there were police there so we'll see."

Canada is first in its group halfway through the stage following Friday's 1-0 victory over Panama at Toronto's BMO Field. Gaining four points from its remaining three games would allow Canada to advance to the final round for the first time since 1998.

Panama is pulling out all the stops to avenge Canada's win. On Sunday night, more than 100 Panamanian supporters stood outside the Canadian hotel banging drums, setting off fireworks and inviting passing motorists to honk their horns.

Sunday's antics may have been just the warm-up act as local radio shows and newspapers encouraged fans to show up at the hotel with car stereos blaring.

Cars did their best to delay the Canadian team's bus en route to the stadium for training.

A capacity crowd of 31,000 fans is expected for Tuesday's game at the Estadio Rommel Fernandez in what could be the first truly hostile crowd of Canada's World Cup qualifying run. Previous gatherings in Puerto Rico, St. Lucia, St. Kitts and Cuba were far from overwhelming.

"We're footballers. We have to get used to this and playing in these environments — especially in CONCACAF," said defender David Edgar. "If we don't thrive on playing in atmospheres like this then why are you playing the game?"

THE CANADIAN PRESS

Quoted

"I've got three kids at home. I'm conditioned."

Canadian men's soccer team coach Stephen Hart on how he slept with noisy Panamanian supporters camped by the team hotel

NFL

Nelson done for season as bad start gets worse for Bills

As if a deflating season-opening loss wasn't bad enough in putting a dent in the Buffalo Bills' high expectations. Now they have injuries to two key offensive players to contend with.

Receiver David Nelson will miss the rest of the season after tearing a ligament in his right knee. The news is at least a little more encouraging for running back Fred Jackson, who will miss at least four weeks after he also hurt his right knee.

The news comes a day after both players were hurt in a dreadful 48-28 loss at the New York Jets.

"It's a setback," coach Chan Gailey said. "But I think our guys can adjust."

THE ASSOCIATED PRESS

New York's LaRon Landry hits Buffalo's David Nelson on Sunday. GETTY IMAGES

Rice and Ravens flex their muscles against Bengals

Running back Ray Rice of the Baltimore Ravens celebrates his seven-yard touchdown run against the Cincinnati Bengals, Monday, in Baltimore. Rice ran for two touchdowns and Ravens quarterback Joe Flacco threw for two more to lead Baltimore to the 44-13 victory. PATRICK SMITH/GETTY IMAGES

CFL. Tiger-Cats strengthen D-line in swap with Lions

The Hamilton Tiger-Cats continued to bolster their defensive line Monday, acquiring defensive end Brandon Peguese from the B.C. Lions for future considerations.

Last week, the Ticats obtained defensive lineman Torrey Davis from Calgary for future considerations.

The six-foot-one, 250-pound Peguese has four tackles, three special-teams tackles and a sack in seven games with B.C.

THE CANADIAN PRESS

Brandon Peguese tackles the Argos' Chad Owens in Toronto on Aug. 16. TORSTAR NEWS SERVICE FILE

MLB

Astros not giving up on Clemens appearance in 2012

Astros owner Jim Crane says there's a possibility 50-year-old Roger Clemens could pitch for Houston this season.

The Astros begin a week-long homestand on Monday that includes three games against the Cubs and four against the Phillies. Their only remaining home games after this stretch are against the Pirates and the Cardinals.

Clemens has pitched eight scoreless innings in two starts with his first start for Sugar Land of the independent Atlantic league.

THE ASSOCIATED PRESS

Roger Clemens with the Sugar Land Skeeters on Friday. GETTY IMAGES

Tennis. U.S. Open champ Peliwo turning pro

Filip Peliwo is leaving junior tennis ranked first in the world, with two Grand Slam titles in his pocket, and now is ready to concentrate on making his name in the pros.

The 18-year-old Vancouver native has already played 12 lower level pro tournaments and earned a total of $10,276 US, but he'll start the professional life for good at a $15,000 ITF Futures Tour event in Markham, Ont., beginning Sept. 17.

"I think I'm very ready to begin the transition in the Futures," Peliwo said Monday at the national tennis centre in Montreal. "I've already been doing it the last year and half.

This summer he became the first Canadian male to win a Grand Slam event of any kind when he claimed the junior boys singles title at the All England Club. He made it two in a row on Sunday when he bested England's Liam Broady to win the U.S. Open junior title. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Decide where you want to be a month or a year from now and then start doing the things that will make it happen. Careful planning is the key to long-term success, so put on your thinking cap.

♉ Taurus
April 21 - May 21
Anything is possible. There are no limits to what you can do. The Sun and Mercury in sympathetic Virgo means that your attitude is right, and if your attitude is right then everything else will fall into place.

♊ Gemini
May 22 - June 21
You will have to make a few tough decisions today and you will find you really enjoy calling the shots. But don't let the power go to your head because you are too nice to play the tough guy for long.

♋ Cancer
June 22 - July 23
Someone who thinks they can put one over on you is going to discover that you are too sharp to be fooled. Turn the tables and use them to get what it is you most desire. They won't try to trick you again.

♌ Leo
July 24 - Aug. 23
You know the difference between right and wrong, and you know that if you don't speak up, you will always regret it. Don't pull your punches just because your target is someone in a position of power.

♍ Virgo
Aug. 24 - Sept. 23
You are in one of your faultfinding moods and will most likely pick apart everything that other people do. Don't be surprised to find yourself short of friends by the end of the day.

♎ Libra
Sept. 24 - Oct. 23
Try not to put yourself under pressure today. Both at home and at work you should aim to relax and not take anything too seriously. And find a way to turn off the constant chatter inside your head.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how much you might wish to spare someone's feelings, you must be honest with them. What you have to tell them might be a bit hurtful but better a bit of hurt now than a lot of hurt later.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't be afraid to lay down the law, either at home or at work. Others will respond well to your leadership qualities and will do whatever you say. Just make sure what you say is what you believe.

♑ Capricorn
Dec. 22 - Jan. 20
Put your ego to one side today and recognize that you don't know it all. It would be foolish to ignore what other people tell you just because you find it hard to accept. You still have much to learn.

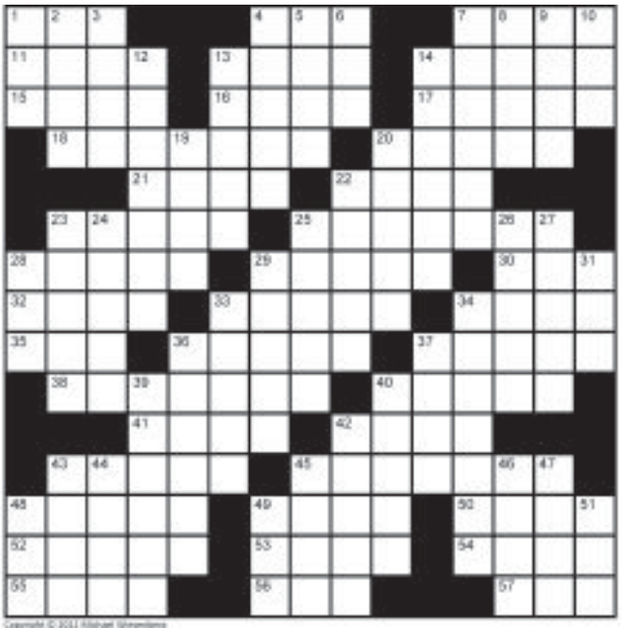
♒ Aquarius
Jan. 21 - Feb. 19
Think before you speak, speak before you act, and act only when you have to. Every time before you open your mouth today, ask yourself this question: Will my words hurt or will they heal?

♓ Pisces
Feb. 20 - March 20
Your life is perfect just as it is, so don't be tempted to change things for the sake of it. Both in your personal life and at work, the right opportunities will arrive at just the right time. Be ready for them.

SALLY BROMPTON

Crossword: Three Star Trek References

BY MICHAEL WIESENBERG



Across
1. Our country: abbr.
4. Simple bed
7. Become dim
11. Wide-eyed
13. Opposite of wild
14. Craze (from the Greek word for "madness")
15. Actual
16. Spoken
17. Before: Fr.
18. Montréal-born *Star Trek* star William
20. Feel about blindly
21. "I'm unable to do it"
22. Azerbaijan capital
23. Cathedral topper
25. Saskatchewan neighbor
28. Bird word
29. Acknowledged the playing of "O Canada"
30. Regret
32. Lion's bellow
33. Animal track
34. Beatnik residences
35. Rainbow shape
36. "___ behold!" (2 wds.)
37. North York, Ontario-born Mandel of *Deal or No Deal*
38. Football side that doesn't have the ball
40. Shed feathers
41. Anger
42. Boxing match
43. They become alumni and alumnae, familiarly
45. PM Wilfrid
48. ___ Jaw, Saskatchewan
49. Bronzes at the beach
50. Hammerer's target
52. Go into
53. Bride, after the vows
54. Thus
55. Crystal ball gazer
56. Dog's bark
57. Henpeck

Down
1. Windsor, Ontario product
2. Mellows, as wine
3. Biblical ark builder
4. ^ symbol
5. *Rubaiyat* poet Khayyam, actor Sharif, or *House* actor Epps
6. ___ Aviv, Israel
7. "Do me a ___ and let me have $100 till payday"
8. Take ___: sleep briefly (2 wds.)
9. Sup
10. Consume
12. BC's ___ National Park, in the Rockies near Revelstoke
13. 1,000 kg
14. Like cards in a crooked deck
19. Fruit pastry
20. Eva, Magda, or Zsa Zsa
22. *True* ___: HBO vampire series
23. King Arthur's Excalibur, for one
24. Lack of fighting
25. Make amends
26. Fish with a big net
27. Bad news for a taxpayer
28. ___ la la
29. "The Final Frontier"
31. 180° from WNW
33. ITunes downloads
34. Fries, cheese, and gravy dish
36. The Prime Minister, to Parliament and his country
37. Attorney's billing basis
39. Longest BC river
40. Cat's quarry
42. Alberta's third-largest but most-visited National Park
43. All used up
44. Memorization method
45. Animal abode
46. Deserve
47. Capital of Latvia
48. "___ amis": start of a French speech
49. Airline bought in 2001 by American
51. What a *Star Trek* captain keeps

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

8			4		5			6
	6		8		3		4	
		4				2		
		9	7		1	3		
7								4
		8	9		4	5		
		7				8		
	1		6		7		2	
5			3		9			1

Yesterday's Sudoku

Sharability

easy — hard

There are better ways to make your voice heard
What's the point of making a statement, giving a speech or even talking if no one is listening?
Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.
Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at **metropolitanpanel.com,** choose your country and join the global conversation!
metropolitanpanel.com
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Panel